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There are lots of bad things going on in the world today like labor shortages, Inflation and supply chain issues. I am going to write about how these things are impacting us here at Fremont (FCF) in Colorado.

First the labor shortages are having a negative impact on every part of our life. A lot of times they don't have enough staff to run the prison, so they lock us down. There are different kinds of lock downs. I will describe for you 2 of the main kinds: Pod restriction and cell restriction. Keep in mind that there ~~are~~ can be variations of each kind.

Pod restriction is when you can't leave the pod. This means no yard time and no programs like education or religious. The only people allowed to leave are essential workers like the kitchen and laundry workers. Sometimes we are allowed to leave for chow but other times the food is brought to us.

Cell restriction is when you are locked in your cell. It is the same as pod restriction in that

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there is no yard and no programs.

The only people allowed to get out of there cells are again the essential workers and food is brought to us.

The CO's ~~where~~ were working 2 to 3 shifts a day sometimes 7 days a week. I was told by more than one CO that they only had 3 hours of sleep before they come back to work. This is bad for everyone involved. I have worked similar hours before and it is not easy. And we have to deal with them being in control of everything all tired worn out and cranky.

Then they changed there hours to 12 hour shifts. Letting enough CO's work the 12 hour day shift to let the prison stay open and running, and when the 12 hour night shift comes on there is not enough staff so they lock us down early. This seems to have worked for a while but they keep losing staff so they shut down education so that the teachers can work as CO's. My case manager works as a CO alot of times instead of working on my case. some CO's are now working double shifts meaning 24 hours

Mental health is short staffed to. I am supposed to see them every 6 months, but I have not seen them for almost a year.

There is a treatment program that by Colorado law some of us need to progress through before we can be considered for parole. In 2018 there was 9 of these programs in C DOC and now there are 3 or 4 left because they don't have enough staff. And in the programs that are going on right now they are short on staff. This creates a bottleneck where we have all these people waiting to get into a program that has limited space and it's still shrinking. I have been waiting on the list to get in for 7 years and have seen parole 3 times and I am still not in the program. This makes it so that those of us that are under this law are going to have to do more prison time because of staff shortages.

There is another program called ARMs. It is for some people that are here on a parole violation. This program uses the same staff as the one above.

one guy that I live with has been in prison for 4 years on a technical violation waiting to get into the ~~arms~~ ARMS program and he still is not in it and they won't let him out until he does ARMS. You can just imagine how this makes us feel. It makes us feel angry with the system. It severely impacts our moral outlook, hope for the future and motivation to pursue rehabilitation, not to mention how powerless it makes us feel. We feel that we are being cheated and feel that we are being treated differently than other classes of prisoners.

Then there is inflation. Our canteen prices keep going up and we are not getting any raises. We only still make 86¢ a day which is slave labor and they take 20% out ~~of~~ for restitution. We don't have a whole lot of money to play with. Especially those that don't have any help from the outside and need to live off of that.

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on top of that it also effects the chow hall. You can tell that they are trying to cut back by giving us less food and less quality food.

Then there is soap for canteen. I don't buy much food on canteen because I make 86¢ a day and can't afford it, but I hear from people that do that almost nothing that they order comes in. But I do by hygiene and here lately they have been out of deodorant and shampoo. ~~Other~~ These are must haves in prison. Can you imagine being around hundreds of people that don't have any deodorant? This also effects the chow hall by them having to change the menu because they can't get certain foods.

I hope that this was an interesting look into the prison conditions these days in Colorado. I wish everyone that reads this the best.

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